



THURSDAY, OCTOBER 3, 2019

GILFORD, N.H.

# GHS students thank first responders with special lunch

**BY ERIN PLUMMER**  
mnews@salmonpress.news

A group of first responders had the chance to sit down to a home-made lunch thanks to the hard work and efforts of a group of Gilford High School students.

On Wednesday Members of the Gilford Police and Fire Departments sat down to a lunch of lasagna and salad prepared by members of the senior English class in the Family and Consumer Science room. The students and the first responders had the opportunity to sit down and spend time together.

The members of the



Members of the Gilford Police and Fire Departments, including chiefs Anthony Bean Burpee and Steve Carrier, enjoyed a lunch served by a group of Gilford High School students.

ligan said he came up with an idea to honor the first responders who serve the community. The class decided to put on a lunch and invite local first responders.

Milligan said they took about two weeks to get ready for the lunch, such as figuring out the schedules of their guests.

“The school provided us with the money, we bought the food and cooked it here in this room,” Milligan said.

Milligan said it was an honor to be part of this.

“It’s awesome, just giving back and seeing how much they do for us,” Milligan said. “It means a lot.”

Members of the Gil-

SEE **LUNCH** PAGE A7

## Town hires new public works director

The Gilford Board of Selectmen is pleased to announce the appointment of Meghan Theriault of Meredith as the Town’s new Director of Public Works effective Nov. 4. She will be paid an annual salary of \$88,400.

Ms. Theriault is currently the Public Works Director for Goffstown, where she has worked since 2004 after serving for 13 years as the Town Engineer. Prior to that she worked for two consulting firms as an engineer doing mostly road and utility design along with construction inspection.

She is highly qualified as a profession-

al engineer, with a B.S. degree in civil engineering from the University of New Hampshire and numerous other certifications in the fields of municipal government and public works. She has also been an active leader in the National Association of Women in Construction and a passionate advocate for young people in the construction trades.

Her husband is also a municipal public works director for the Town of Moultonborough and they have two children. In her spare time, she enjoys being outdoors and loves to go

SEE **PWD** PAGE A7

senior English class hosted the lunch. Senior Austin Milligan said they were talking about the school’s community service requirement for graduation and started coming up with some ideas for projects. Mil-

## Kids display baking talents in competition

**BY ERIN PLUMMER**  
mnews@salmonpress.news

An array of cakes, cookies, and so many other sweets could be found at the Gilford Youth Center all created by kids during the first ever Kids Baking Competition.

The GYC and the Gilford Village Store teamed up to host the competition where kids could enter their own homemade baked goods with the grand prize winner having their sweets go on sale at the Gilford Village Store. Kids set up their treats on Saturday from a panel of judges, who then decided the winners. Every kid did get their own special apron.



Bella Bryant of Gilford explains her white chocolate fruit tart to judge Thom Francoeur.



The big prizewinners of the baking competition: Landry McLane, Riley Wilson, Catherine Buttermore, Bella Bryant, and Grace Powers.

## Full schedule of games for homecoming

**BY ERIN PLUMMER**  
mnews@salmonpress.news

Gilford High School athletes and their fans will show their talents and school spirit this weekend for Homecoming.

Games are scheduled all day Saturday with games on the fields and in the gym ending with a nighttime football game thanks to a local business providing lights at the Meadows.

“Excited to have our teams on display and have camaraderie that athletics brings to a community and have it all on display for everyone,” said Athletic Director Rick Aquiliano.

Homecoming will officially start on Friday afternoon when Cross Country will go against Belmont at 4 p.m.

On Saturday, Boys JV Soccer will play at 9:30 a.m. and Boys Varsity Soccer will be at 11 a.m.

“Right now we have an undefeated boys team that is really turning people’s heads,” Aquiliano said.

Girls Varsity Soccer will take the field at 12:30 p.m.

JV Field Hockey will play at 2:30 p.m.

and Girls Varsity Field Hockey will be at 1 p.m.

Girls JV Soccer is at 2 p.m.

Aquiliano said soccer and field hockey games usually get a lot of spectators.

Freshman Volleyball is also at 2 p.m. in the gym.

JV Volleyball is at 3 p.m. and Varsity Volleyball is at 4:30 p.m.

“They’re kind of continuing the role they’ve been on for more than a year, its exciting,” Aquiliano said.

Varsity Football will play at 7 p.m.

SEE **HOMECOMING** PAGE A7

“We’re constantly trying to come up with new ideas for our community,” said GYC director Scott Hodsdon.

The GYC has hosted a number of cooking classes, namely the Junior Chef program. He said they thought it would be a neat idea to do a baking competition. Because the Gilford Village Store is a local business that also has a big display of baked goods, Hodsdon said he approached them and asked if they would be interested in partnering for this event. The Gilford Village Store agreed and the winner would receive a display at the store for a week.

Each of the participants made their own items and offered samples to the judges and later anyone else at the event.

Several participants came from Gilford but there were also participants from Laconia, Meredith, and Canterbury. The kids displayed their creations at their tables with creative elements like posters, signs, table sets, colorful packaging, and other ways.

They did receive some help from adults, though their cooking and displays were all their own.

The judges came around to each table and sampled the baked goods, talking with each of the kids about their creations.

“One of the most important parts we’re trying to teach our kids is the social aspect,” Hodsdon said. “The kids did a fabulous job talking about the execution of their dessert.”

Hodsdon said he was

SEE **BAKING** PAGE A7



Notes from the Gilford Public Library

We all love a loon. Those majestic, buoyant creatures that let out somber calls in the late night -- they have a special place in New Hampshire hearts. Although the webfooted aquatic birds are almost universally loved, they are only barely understood by many. Why, for example, do they have red eyes? Why do they let out such eerie, yet appealing, calls? Why aren't they just ducks? Biologist Caroline Hughes knows and she is coming to the library to share on Thursday, Oct. 10 from 6:30-7:30 p.m. She'll explain some of

the apparent mysteries about the curious loon, including living habits, preferred environments, and more. You might be able to guess where loons get their name. They wobble and wobble when walking on land because their bodies are optimized for swimming instead of walking. It works in a pinch, of course, but they look silly -- in an endearing way. Caroline will also talk about the importance of taking care to make space for loons. She'll talk about the Loon Preservation Committee's effort to fight some of the

challenges they face. Growth in New Hampshire and lakeside develop have had a major impact on loon populations, so it's important for us to understand what loons need in order to survive and thrive. Find out how you can help to keep these cherished symbols of New Hampshire alive!

**Classes & Special Events**  
**Oct 3-10**  
**Thursday, Oct. 3**  
Geri Fit, 9-10 a.m.  
Yoga Fun, 10:30-11:30 a.m.  
Homeschool Game Club, 12:15-2:15 p.m.  
Conversational French, 4-5 p.m.  
Senior Community Forum, 5:15-6:15 p.m.  
Are you age 60+ or know someone who is? Then Gilford Senior Resource Team wants to hear from YOU! What types of services, programs

and activities would you like to be available in our community for Seniors to enjoy fulfilling, healthy and secure lives, while remaining in their own homes, now and in the future? Come share your concerns and ideas in an open group discussion. Light supper fare will be served. Please sign up at the Gilford Library.  
Not to be Forgotten: Dementia, Memory Loss, & More  
What is dementia? How does it affect your life, and what can you do about it? Gilford resident Raymond Suarez, MD from Genesis Behavioral Health will be here to answer questions and speak on the decline in memory and impaired brain judgment that compromises dementia.  
**Friday, Oct. 4**  
Social Bridge, 10:30 a.m.-12:30 p.m.

Crafty Preschool Story Time, 10:30-11:30 a.m.  
Knit Wits, 1:30-2:30 p.m.  
Advanced Conversational German, 2:30-3:30 p.m.  
**Monday, Oct. 7**  
T'ai Chi Chih, 9:45-10:45 a.m.  
Baby/Toddler Story Time, 10:30-11:30 a.m.  
Read, sing, and play with your baby and/or toddler! Ages 0-2.5. Sign up required.  
Mahjong, 12:30-3 p.m.  
**Tuesday, Oct. 8**  
Geri Fit, 9-10 a.m.  
Hook Nook, 10-11 a.m.  
Bridge, 10:30 a.m.-12:30 p.m.  
Preschool Story Time, 10:30-11:30 a.m.  
Read, sing, dance, and make a craft! Ages 2.5-5. Sign up required.  
Little MDs, 3:30-4:30 p.m.  
Nightly Knitting,

6-8 p.m.  
Clickers, 6:30-8 p.m.  
**Wednesday, Oct. 9**  
Line Dancing, 9-10:30 a.m.  
Check Out an Expert, 10 a.m.-12 p.m.  
Lakes Region Fiber Artists and Crafters, 10 a.m.-12 p.m.  
The InbeTween: Library Teen/Tween Club, 2:30-3:30 p.m.  
Chess Club, 3:30-4:30 p.m.  
Want to develop the inner Bobby Fischer in your child? Join us for this weekly club to learn and practice your chess skills. (grades 1-4, sign up required)  
**Thursday, Oct. 10**  
Geri Fit, 9-10 a.m.  
Yoga Fun, 10:30-11:30 a.m.  
Homeschool Game Club, 12:15-2:15 p.m.  
Conversational French, 4-5 p.m.  
Loons!, 6:30-7:30 p.m.  
See article above.

Gilford Public Library  
Top Ten Requests

- 1. A Better Man by Louise Penny
- 2. Where the Crawdads Sing by Delia Owens
- 3. A Mrs. Miracle Christmas by Debbie Macomber
- 4. The Shape of Night by Tess Gerritsen
- 5. The Inn by James Patterson
- 6. Summer of '69 by Elin Hilderbrand
- 7. Educated by Tara Westover
- 8. The New Girl by Daniel Silva
- 9. Bloody Genius by John Sandford
- 10. The Water Dancer by Ta-Nehisi Coates

International Film Series, "The King of Masks" – Oct. 7.

LACONIA – The Laconia Human Relations Committee in cooperation with the Laconia Public Library

offers the film, "The King of Masks" as the October selection for the International Film Series. It will be shown at 6:15 p.m. on Oct. 7. This series offers a monthly selection of international films shown from September through June at the Laconia Public Library.  
Wang is an aging street performer known as the "King of

Masks." He is a master performer of the street art of Sichuan Change Art. Though poor, he lives a life of honor and dedication to his art. Thirty years ago his wife left him with an infant son who fell ill and died at the age of 10. He would very much like to have a son who would carry on his performance art. Because so many parents in this Chi-

nese community are too poor to feed their children, they are looking for someone to buy them. One child, on its own, actually becomes attached to Wang who finally agrees to the arrangement.  
This is a story of child and father living on a river boat bonding together through many lighthearted, exuberant times, as well as many difficult and troublesome ones. Wang finally has a child who adapts as a street performer through many surprises, as he struggles to stay with a secretive, but very popular art form.  
This 1996 film is timeless in its story. Please check the SEE FILM PAGE A7

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Published Thursday, November 28<sup>th</sup>

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Power Outage Tips

BEFORE

- Follow directions from local officials
- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

DURING

- Conserve energy
- Go to community warming shelters & check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

AFTER

- Throw out unsafe food

www.Ready.gov/blackouts

Who to Call Where to Meet What to Pack

Ready



# Electronic Waste Collection Day by the Laconia/Gilford Lions Club Oct. 5

Got an old computer collecting dust in your closet, or a broken air conditioner sitting on the back porch? What do you do with such items when you replace them? Everything from laptops, phones and computers to TVs cost a fortune to haul away.

Turn all that junk over to the Laconia-Gilford Lions Club during their Electronic Waste Collection Day fundraising event which will be held on Saturday, Oct. 5 in the Cinemas 8 parking lot in Gilford (9 Old Lake Shore Road) from 8:30 a.m. to 12:30 p.m. - Note: this is a new location!

For a small disposal fee (most items are \$5), not only will we take your old electronic items off your hands, we will recycle them. The disposal charge is almost always less than the prices at local transfer stations. Cash or checks will be accepted but not debit or credit cards.

Just bring your electronics to Cinemas 8 parking lot, 9 Old Lakeshore Road in Gilford on Saturday, Oct. 5 between 8:30 a.m. and 12:30 p.m. Lions Club members will even help you unload them! You do not have to be a resident of Laconia or Gilford to take advan-



Laconia-Gilford Lions Club members (from left to right) Bill Chandler, Norm Paquette, Marylin Brown, Carol Dow, Lori Chandler, Lois Smith, and Matt Soza working at last spring's Electronic Waste Collection Day.

off: smoke detectors, oils, paints, thinners, batteries (except car batteries), tires, items containing mercury such as fluorescent and CFL light bulbs or thermometers, capacitors, ballasts, or any other hazardous waste.

Don't miss this opportunity or you'll be storing these things another year - "Don't throw it out, Recycle it!" You'll not only help the environment by disposing of your unwanted electronics responsibly but also help the Lions, the largest service organization in the world, raise funds to meet pressing needs in our community: eye glasses and hearing aids, food pantries, college scholarships, holiday food baskets for needy families, youth sports programs, are just a few of the local charitable organizations that we assist. All that for a disposal fee that, in most cases, is less than the cost at local transfer stations.

The Laconia-Gilford Lions Club appreciates your help with their Electronic Waste Collection Day fundraising event and wishes to thank in advance everyone who contributes to making a real difference in our community.

Look for the yellow Lions' vests on Saturday, Oct. 5 from 8:30 a.m. to 12:30 p.m. at the Gilford Cinemas 8 parking lot. No matter how large or small, every item adds up!

## “Caring” across the region Volunteers give time for Day of Caring projects

BY DONNA RHODES  
drhodes@salmonpress.news

REGION – On Wed., Sept. 25, volunteers from all walks of life took part in the annual Granite United Way Day of Caring, when local nonprofit organizations submit requests for things they need done to help keep their services in operation and people rise up to make their wishes a reality.



A group of students from New Hampton School took part in the Granite United Way Day of Caring on Sept. 25 by helping decorate the pavilion at the New Hampshire Veterans' Home for this week's Fall Family Festival, which is open to the public.

This year students from New Hampton School were among the largest of the groups taking part in the Day of Caring, signing up for many projects from Tilton to Plymouth.

And while several of them spent the morning hours walking miles of roadways in their own community to pick up trash, others set out for good deeds at other destinations.

One crew travelled to New Hampshire Veterans' Home in Tilton where there was a punch list of things that needed to be done for not just the building and residents but for their upcoming Fall Family Festival this weekend.

“They're here to help and they're being helpful,” said Jen, one of the staff members.

Once students arrived at the facility they split off into groups. Many helped wash windows while others took part in decorating for the fall



During the Granite United Way Day of Caring last week, some students from New Hampton School took time off from washing windows at the N.H. Veterans' Home to play a few fun games of Noodle Hockey with the veterans who reside there.

festival and there were plans for them to help sand and stain several flag cases, too.

NHS faculty member Ingrid Knowles said their participation in Day of Caring has become part of

two Service Learning Days, which includes community service, held each year at the private school.

The students themselves were glad to be out taking part in good deeds for others.

Courtney, who is a junior at NHS, said she thought it was great

SEE CARING PAGE A8

tage of this fundraiser - it is open to everyone.

Items you may want to consider dropping off are laptops, PC towers, PC LCD monitors, servers, CD/DVD players, camcorders, AV equipment, VCRs, speakers, copiers, faxes, scanners, printers, phones (land and cell), phone systems, humidifiers and computer accessories (all \$5).

In addition, we will also take microwaves, air conditioners, dehumidifiers (all \$10), CRT monitors less than 50 lbs and TVs less than 25" (\$20), TVs 26" and larger (\$30). For TVs needing more than one person to lift or CRT monitors over 50 lbs, the item will be weighed on site and price determined. Anything with a cord not listed will also be accepted.

You CANNOT drop



**Laconia-Gilford Lions Club**  
**Electronic Waste Collection Day**  
**Saturday, October 5, 2019**  
**8:30AM to 12:30PM**  
**Cinemas 8 Parking Lot** New Location  
**9 Old Lakeshore Road, Gilford**

Fundraiser to benefit Laconia-Gilford Lions Club

Recycle electronic items (phones, computers, air conditioners, etc.) for a disposal fee from \$5 to \$20 (\$30 plus for TVs 26" & up)



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STRATEGIES FOR LIVING

Life without limits: the Nick Vujicic story

BY LARRY SCOTT

When Dusanka Vujicic saw her newborn baby for the first time in 1982, she panicked. “Take him away,” she said. “I don’t want to touch him or see him.” Nothing had prepared her to welcome a baby, as precious as any newborn, who had no arms or legs. But a few minutes old, Nick was already discovering that life is tough.

Thanks to parents who determined he should live as normal a life as possible, Nick early on developed a can-do attitude. Using the two toes of his left foot, he was able to shave, answer the phone, and get a glass of water. Routine living skills such as feeding himself, personal hygiene, and getting back up after falling had to be learned. He had access to prosthetics but discovered he did better on his own without them.

When Nick was 15-years-old, he invited Jesus Christ to be the Lord of his life. That changed everything. At the behest of a high school janitor who believed in him, Nick began to speak to small audiences when he was 17. He found that he had an amazing ability to instill in others, overwhelmed with their own handicaps, a determination to succeed.

“Life has its ups and downs,” he would say, “but how that journey ends is up to you today. When you fall down, it’s not the end. Are you going to make the choice to get up and not give up? There is no greater disability in life than to make the decision to give up.”

That attitude was not lost on a young lady by the name of Kanae Miyahara who had come to hear him speak in McKinney, Texas. She was impressed, and so was

Nick. In his words, “She literally took my breath away. I could not take my eyes off her. I could hardly concentrate on what I was saying.” The rest, as they say, is history. They were married in 2012 and now have four children, two boys, and twin girls.

“I found happiness,” he writes, “when I realized that as imperfect as I may be, I am the perfect Nick Vujicic. I am God’s creation, designed according to His plan for me. That’s not to say that there isn’t room for improvement.

“I’m officially disabled, but I’m truly enabled because of my lack of limbs. My unique challenges have opened up unique opportunities to reach so many in need. Just imagine what is possible for you!

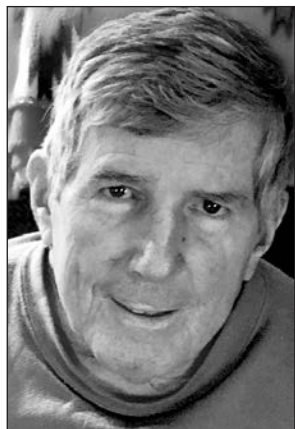
“When you give up on your dreams, you put God in a box. After all, you are His creation. He made you for a purpose. Therefore, your life cannot be limited any more than God’s love can be contained. You have a choice. We can choose to dwell on disappointments or we can choose to learn from the experience and move forward” (Life Without Limits, pp. 1, 2).

And that is the message I want to convey. Strategies for Living is here to help. Talk to me; let me know what you are going through. Life is tough, and sometimes, very unfair. But we can surmount our problems, we can survive our mistakes, we can accept our handicaps, and we can rise from the mire to prove life still rewards those who persevere and refuse to give up.

You want to talk about it? Hit me up at [rlarryscott@gmail.com](mailto:rlarryscott@gmail.com).

NORTH COUNTRY NOTEBOOK

Was there war (even squabble) when they bobtailed the “ugh”?



By JOHN HARRIGAN  
COLUMNIST

Because this column is syndicated in more than a dozen weekly papers covering two-thirds of New Hampshire’s land mass, I get mail from all over the place. Sandwich gets the prize for seeming to write the most letters per capita. What is it with those Sandwich people? Something in the water, maybe. But it’s a town of readers and writers, for sure.

Wolfeboro (ugh) also generates a lot of mail. It is one of my favorite towns, partly because of its spirit and get-it-done attitude, partly because it’s at the crossroads of old trails, roads, steamboat routes and railroads, and partly because it gives me a chance to poke fun at several Lakes Region towns for sending the “ugh” that used to end their names to the Geographic Gulag. This is why I often put the (ugh) at the end of “Wolfeboro” when I write back to readers. The post office crew delivers them



COURTESY PASARELAPR.COM

“You live where?” they ask, incredulous. “Where Vermont and Maine pinch northern New Hampshire into an oblong.”

nonetheless (Yay, post office crew).

This seems to have taken place when bobtailing the lexicon was all the rage. It was all about shortening the spelling, and creating new words if required. It gave us new words with the half-life of a nanosecond, words we desperately wanted to give back, words we’d rather be on display naked in the middle of town than ever use. Moultonborough, I think, is among the few places that resisted this sea-change of alleged progress and modernity, and told the name-bobbers to go pound sand.

(I wonder how they did the name-bobbing, anyway. Did someone from the Federal Department of Double-Speak get up on a ladder in the

dead of night to remove three bronze letters on the Post Office building? Or, um, hmm, clearing throat here, did they put a tight little elastic band around the “ugh” and just wait for it to fall off? This worked well, for example, with lambs that would otherwise turn into rams, whether we liked it or not and no matter what the weather, so we turned them into wethers.)

(I apologize, sort of, for that last sentence, which was the epitome of self-indulgence and occurred after a long wait for the chance.)

I wasn’t in the Lakes Region for any local uprising when the “They” that’s somehow always in a story like this issued the name-docking edict. Who was that, anyway?

But imagine the lost

identity of it all. People went to sleep thinking they would always live in Tuftonborough, and woke up in the morning to discover that their village had drifted into a new location between the towns of Oblivion and Sameness, and had been re-named “Tuftonboro.” (Query: Did anyone search the post office grounds for the missing “ugh”?)

Seriously, I was working far to the south at the “Nashua Telegraph” at the time, and missed all this. I’m truly curious as to whether there was any difference of opinion on renaming all these towns, just as I’m hoping that someday soon I’ll get the time to research whatever controversy erupted over building the Kancama-

SEE NOTEBOOK PAGE A7

Belknap Landscape Helps Prep Belknap House for Re-Opening

LACONIA – With mowers whirring, trimmers buzzing, and mulch flying, a crew from Belknap Landscape spent the day donating time and services to whip the grounds back into shape at the Belknap House. In the coming weeks the Belknap House will once again be opening its doors to those in need in Laconia, and with a little support from the community they will be ready.



COURTESY PHOTO

Zach Pereira and Derek Wentzel from Belknap Landscape.

became overgrown.

With the impending reopening it was clear something needed to be done. The lawn, planting beds, and outdoor spaces needed maintenance so that families would feel welcome. As a supporter of the Belknap House from its inception, Belknap Landscape was contacted for help.

“When the they reached out to us telling they could use some support to get their grounds ready to reopen, we were happy

to help. Being involved in our community is a cornerstone of our values, and the work the Belknap House does is something we believe in” Hayden McLaughlin, owner of Belknap Landscape explains. “To be able to help others in such a time of need it is what community is all about.”

The Belknap House, a nonprofit organization, is an emergency shelter for families in need throughout Belknap County. Its pur-

pose is to give families a safe place to stay while assisting them to gather the ability and resources to become self-sufficient.

Those interesting in supporting the Belknap House can by calling 603-527-8097 for volunteering opportunities, donations may be made by mail to 200 Court St., Laconia NH 03246, or through the Belknap House website at [HYPERLINK "http://www.belknap-house.org/"](http://www.belknap-house.org/)www.belknap-house.org.

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We seek your input! Tax rate got you down? Glendale too congested for your liking? Do you approve of a recent selectmen decision? Hate the paper? Love the paper? Let us know!

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Our fax number is 279 3331.  
E-mail us at [brendan@salmonpress.news](mailto:brendan@salmonpress.news).  
We’re looking forward to hearing from you!









Lorna Aileen Tibbetts, 59

LACONIA — Lorna Aileen Tibbetts, 59, of Laconia passed away peacefully at her home after a short but courageous battle with cancer on Tuesday, Sept. 24, 2019.

Lorna was the daughter of Alfred and Gloria (Vashaw) Tibbetts of Milan.

Lorna was a 1979 graduate of Berlin High School and a 1988 graduate of Northwestern Community College in Traverse City, Mich., Fine Arts program.

Lorna was an 18-year associate of the Gilford Walmart.

Lorna enjoyed her children and grandchildren. She was an



avid photographer and hiker. She always looked forward to retreats with her Earth Spirit family.

She is survived by her sons, Jeremy Tibbetts and Justin Bristol and his daughter Jenna and and her daughter, Jasmyn Bristol and Gavin

Van Veghten, all of Laconia; two brothers, James Tibbetts and his wife Doris of Havana, Fla. and William Tibbetts and his wife Beverly of Milan; two sisters, Linda Hayward and her husband Kenneth of Bucksport, Maine and Kathy Hawkins of Berlin.

She joins her parents and brother Charles Tibbetts and husband Reginald Bristol.

She will be missed by many nieces, nephews, and cousins, and many friends.

A celebration of her Transition in Light and Love will be held on Oct. 19, 2019 from noon to 3 p.m.

LACONIA – William “Bill” S. Ray, 65, of Laconia, passed away unexpectedly while riding his motorcycle Tuesday, Sept. 3, 2019.

Bill was born in Winchester, Mass., in 1953. Bill graduated Laconia High School in 1971; he received a Bachelor of Science degree in Biological Oceanography from the Florida Institute of Technology in 1976, and an MBA from Southern New Hampshire University in 1983.

As a young man, Bill was a talented amateur musician playing in local garage bands around the community, and he was an avid road cyclist and racer. He coached softball for his own and other children in the Laconia Little League system. Most notably, Bill was a passionate and talented skier, passing on his love of skiing to his children and grandchildren. A model community volunteer, Bill served in various capacities at the Gunstock Ski Club and ultimately became its President. He was a well-known and well-respected member of the statewide ski racing community. An enthusiastic hiker and motorcycle rider, Bill shared his passion for the outdoors with everyone around him

including his faithful four-legged companion, Martha. He died doing what he loved.

Bill made a life-long career of public service. He started his professional life working for the Lakes Region Planning Commission, then assumed various positions at the City of Laconia Planning Department, and the New Hampshire Office of State Planning. In 1996 his career path brought him to the New Hampshire Housing Finance Authority, where he most recently served as the Director of Planning, Policy and Communication. In his work, Bill never lost sight of individuals as he considered the bigger picture and the greater good. Tributes from his colleagues and friends cite his thoughtfulness, generosity, mentorship, wisdom, wit, kindness, patience, and friendship. Bill was a gentleman, appreciated by all; he will be dearly missed by his family, friends, co-workers and colleagues, past and present.

Bill was the son of Richard and Juaneva (Sledge) Ray. He is survived by his loving wife of 43 years, Francine (Valliere) Ray, his daughter Stephanie

and husband Nicholas Watts, his daughter Alexandra and husband Shawn Bourdon. He is also survived by his mother Juaneva Ray; sister Elizabeth and husband Billie Robinson; and two nephews Michael and James Robinson, and their wives, Valerie and Courtney. Surviving family members also include his mother in-law Gisele Valliere; sister in-law Paulette Valliere, her husband Assou Sagara; and bother in-law Richard Valliere. Bill was known as “Grumpy” by his three grandchildren Evangeline and Samuel Bourdon, and Charlotte Watts; a fourth grandchild, Lucille Bourdon, was born since his passing. Bill is pre-deceased by his father Richard Ray and father in-law Robert Valliere.

A memorial service will be held at Gunstock Recreation Area lodge, 719 Cherry Valley Road, Gilford, on Saturday, Oct. 5 at 5 p.m. Family, friends, and colleagues are invited to come celebrate the life and memories of Bill.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant Street, Laconia, NH is in charge of the arrangements.

John DeForge, 73

BELMONT – John Richard DeForge, 73, of Province Road, died on Saturday, Sept. 21, 2019, unexpectedly at home.

John was born on Dec. 12, 1945, in Laconia, the son of the late Richard Arthur and Dora (Morin) DeForge. After graduating from Laconia High School in 1964, John proudly served in the U.S. Army for three years.

Family was very important to John. He always made sure to involve his grandchildren in doing what he enjoyed most, fishing, hunting and garden-

ing, every free moment he had.

John is survived by his wife of 48 years, Noreen B. (Henderson) DeForge; a son, Jeff DeForge and his wife, Deanna Allain-DeForge of Laconia; a daughter, Jennifer Alger and her husband, Ben of Laconia; four grandchildren, Emily, David, Dakota, and Alexis; four great grandchildren, Mason, Liam, Charlotte, and Christopher; and a nephew, Mike DeForge. In addition to his parents, John was predeceased by a son, Chris DeForge; a

brother, Kenneth DeForge; and a niece and two nephews.

There will be no calling hours.

A Memorial Service will be held on Saturday, Sept. 28, 2019 at 2 p.m., at Gilford High School, 88 Alvah Wilson Road, Gilford, NH.

John loved the Lord and Church was very important to him. For those who wish, the family suggests that memorial contributions in John’s name be made to the Lochmere Baptist Church, 17 Church Street, Lochmere, NH 03852.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant Street, Laconia NH is assisting the family with the arrangements. For more information and to view an online memorial go to [www.wilkinsonbeane.com](http://www.wilkinsonbeane.com).

Potential candidate for Congress to address Belknap County Republicans

LACONIA – The next meeting of the Belknap County Republican Committee (BCRC) is scheduled for Wednesday, Oct. 9, at 6:30 p.m. at the Laconia VFW Post 1670, 143 Court Street, Laconia.

With the 2020 elec-

tion fast approaching, the Committee has been hosting a variety of candidates for office at their monthly meetings. Currently, there are no announced Republicans running for Congress in the 1st District.

However, Eddie Edwards, the candidate for Congress in 2018, is considering running again in 2020. With that in mind, Edwards, a resident of Dover, will be the Committee’s guest speaker, sharing the details of his background and his reasons for considering a second run for the 1st District seat against incumbent Democrat Congressman

Chris Pappas.

Belknap County GOP meetings are open to all Republicans and like-minded Independents.

The Committee again encourages its members to continue to bring non-perishable food items for donation to local food pantries.

For more information about the Committee, please check the Committee’s website at [HYPERLINK "http://www.belknapcounty-gop.org/"](http://www.belknapcounty-gop.org/) [www.BelknapCountyGOP.org](http://www.BelknapCountyGOP.org) or send an email to [HYPERLINK "mailto:alan.glassman@gmail.com"](mailto:HYPERLINKmailto:alan.glassman@gmail.com) [alan.glassman@gmail.com](mailto:alan.glassman@gmail.com).

Lakes Region Community Services Hosts DSP Retreat

LACONIA – Lakes Region Community Services recently hosted their 2019 Direct Support Professional (DSP) Staff Retreat at the Barn on the Pemi. The purpose of the two-day retreat was to provide continuing education to DSPs and present them with tools to succeed in their roles. Each day started with an inspirational message from well-known motivational speaker,

author, and entrepreneur, Ed Gerrity. John Raffaele and Dan Hermreck from the National Alliance for Direct Support Professionals (NADSP) provided the staff with in depth, hands on training that focused on enhancing the quality of support they provide daily.

DSPs are the frontline employees supporting individuals with developmental

SEE RETREAT PAGE A8

**Obituaries and Announcements** of special events such as weddings, engagements, and anniversaries are published **FREE OF CHARGE** in any/all Salmon Press newspapers.

**Obituaries** can be sent to:  
[obituaries@salmonpress.com](mailto:obituaries@salmonpress.com)

**Wedding, engagement, and anniversary announcements** are welcome at:  
[weddings@salmonpress.com](mailto:weddings@salmonpress.com)

*Photos are also welcome, but must be submitted in jpeg format.*

*Please contact Executive Editor*  
**Brendan Berube at (603) 279-4516, ext. 101**  
*with any questions regarding the submission process.*

**36th Annual TTCC Apple Festival & Craft Fair**  
Annual Fundraising Event Supporting the Tappley-Thompson Community Center Program

**Delicious Homemade Goods For Sale - Apple Pies, Apple Crisps, Apple Cider Donuts, Baked Beans, Fresh Bread & More!**

**Support the TTCC and enjoy some great tasting food at the same time!**

**Stop by to get your baked goods on**

**Saturday October 12th 9am - 2pm**

**Craft Fair in TTCC gymnasium - come by and get some early holiday shopping done!**  
*(Craft Table Space still available)*

*We are looking for help on Friday, October 5th during the hours of 9am - 4pm to cut apples and prepare pies. If you can help, call 744-2713*

**PET OF THE WEEK KEISHA**

Keisha is a 4 year old female Boxer mix. This sweet girl is a little shy at first but once she’s comfortable, she is a very loving girl! Keisha would do best in a home with children 12 and up, she’s working on building trust with new people. She has done well with other dogs in the past, however will need a home with no cats or small animals. She would love a home that can give her lots of patience and love! Come meet Keisha today!

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LUNCH

(Continued from Page A1)



ERIN PLUMMER

A group of students served lunch for local first responders on Wednesday and had the chance to sit and talk with them.

ford Police and Fire Departments attended including Police Chief Anthony Bean Burpee and Fire Chief Steve Carrier.

“It’s wonderful, it’s very nice to come and be recognized,” said Lt. Kris Kelley of the Gilford Police Department.

“It shows what kind of kids we have in our community.”

Carrier said it was a great experience, especially since they don’t interact enough with high school kids.

Principal Anthony Sperazzo noted that the lunch took place on the

United Way’s Day of Caring. He said this is a way to thank the first responders for what they do for the community.

“These students worked hard in preparation and planning for all of this to make it a success,” Sperazzo said.

PWD

(Continued from Page A1)

camping.

Ms. Theriault was selected from a pool of seven candidates after being vetted by a five member search panel and the Board of Selectmen. She will be coming on board at

a time when budgets for next year are being assembled and preparations are underway for the upcoming winter season. She is very much looking forward to working on behalf of the residents of Gil-

ford.

The Town will be holding a meet and greet for folks to come by and say hello to the new Public Works Director on Wednesday, Oct. 23 from 5-7 p.m. at the Gilford Town Hall.

HOMEcoming

(Continued from Page A1)

against Kingswood. Aquiliano said this night game is happening thanks to MB Tractor and Equipment donating lights for the homecoming game for the second consecutive year.

“We’re excited about the atmosphere Saturday night, give our football kids some primetime,” Aquiliano

said.

He said a lot of people were excited for the evening game last year.

“All in all it will be a lengthy day, a fun day, and something that I’m sure the community will enjoy,” Aquiliano said.

He said this is especially a good opportunity for students to see

many of their peers play, as many teams tend to be away at the same time.

He said they are hoping the extended forecast for a cool and dry day will hold.

During the week the different classes will come together to create their Spirit Wallways, which will be judged on Friday.

FILM

(Continued from Page A2)

many films available on the International Film shelf at the library that have been shown over the past six years. The Laco-

nia Human Relations Committee is a committee of the mayor of Laconia dedicated to expanding our horizons for the appreci-

ation of the diversity found among us and in the wider world. For more information, contact Len Campbell at Lsoup03@gmail.com

BAKING

(Continued from Page A1)

overwhelmed by how talented the kids were.

“I’m beyond impressed,” he said. “Every table is something different: it’s a different product, it’s a different display. They really put the effort into creating these displays. It says a lot about who they are. I’m overwhelmed by the efforts these kids put in.”

At the end of the competition the judges deliberated and declared the winners in different categories followed by the overall winner.



ERIN PLUMMER

Kids put their baking skills on display at the first ever Kids Baking Competition at the Gilford Youth Center.

The overall winner was 10-year-old Bella Bryant of Gilford for her white chocolate fruit tart.

Bella said she has been baking since she was 7. She is a big fan of baking and baking competition shows and her family will have their own “Cupcake Wars” competition. Bella bakes a lot with her grandmother Sue Allen of Gilford.

While her grandmother did some supervising for this project, the tart was all Bella’s creation.

“When she first

started it was, ‘Granny, step back four steps,’” Allen said.

Bella said the most challenging part was using a double boiler to melt the white chocolate.

She said she was happy to win the competition. Allen said she was proud of her granddaughter, saying she has always enjoyed baking with her kids and now her grandkids.

The winner in the Rising Star category for the youngest chef

was Landon McLane of Gilford for his chocolate fudge.

Grace Powers of Gilford won for Presentation in the way she spoke about her cookie dough brownies.

Catherine Buttermore of Laconia won the Taste award for her salted caramel chocolate cheesecake.

Riley Wilson of Laconia won in the Execution category for his maple cream cookies.

Hodsdon announced they plan to hold this competition again.

NOTEBOOK

(Continued from Page A4)

gus Highway straight through the heart of the White Mountain National Forest.

So please, readers, tell me what happened when the They in “they” proposed changing your town’s name. Did everyone go gently into that good night of all things new and modern? My address, as always, is below. In your replies, please include name, town and phone numbers (which I never include in print), in case I have questions.

+++++

My only access to Public Television comes out

of the statewide network in Maine. And that’s all right, because it’s only one click from there to Maine’s CBS outlet, Channel 6, an aggressive little station with strong local programming. After the CBS evening news, it’s only one click back to Judy Woodruff and the PBS crew. It’s a great way to compare the two.

There’s an art to watching television, especially if your goal is well-rounded news, which it is. I picture various TV stations as akin to the channel-buoys in the Piscataqua River: They show you the rocks and shoals, so you can

keep the “USS News,” at least, in mid-river.

For my purposes, especially regarding national and world news, Fox is far to one side, MSNBC is far to the other, and CNN and CBS are somewhere in between. This is just for news, mind you, and has nothing to do with entertainment, and certainly not commentary, which I tend to regard as the leach-field of the medium.

In that category, and at risk of sounding like an old moss-back:

– The crawl-lines at the bottom of news screens are hastily written

SEE **NOTEBOOK** PAGE A8



# Dining & Entertainment

## LAKES REGION





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# Sugar Hill's Autumn Celebration

## Saturday and Sunday, October 5-6

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Brats & More from *YM360 Youth*

Full Menu from *Smiley's Snack Shack* of North Woodstock

### Sunday Speakers

Sponsored by: The Sugar Hill Improvement Association, Sugar Hill Library, Elaine Burpee Memorial Fund and other local businesses

10 am: Ben Kilham, *Kilham Bear Center* Rescue, Rehabilitate and Release

Noon: Chad Proulx, *Ammonoosuc Community Health Services - Cooks Corner*

1:30 pm Concert: *Uncommon Folk*: Folk, Bluegrass, Old-Time Music

**Sunday's Free Concert 1pm: Maple Leaf Seven, Jazz - Traditional, Dixieland, Swing**

For More Information: [www.HarmansCheese.com/autumn](http://www.HarmansCheese.com/autumn) or Call 603-823-8000





CARING

(Continued from Page A3)

to actually see what NHVH provides for men and women who served the country and lend them a hand.

“It’s good to get out of the classroom once in a while to interact with the community and help people who need your help,” she said.

Her classmate Emma agreed, adding that she saw lots of opportunities that day where they could benefit their community.

Inside the facility, another crew took time to have some fun with the residents themselves. Gathered in the Town Hall of NHVH, the students intermingled with WWII, Korea, and Vietnam War veterans for a game of Noodle Hockey. Using foam swim noodles, they competitively batted a ball back and forth as each of two teams worked to get it in their opposing team’s goal.



DONNA RHODES

As part of a Granite United Way Day of Caring service project, Cory, Charlie, Louis, Makoto and their advisor Scott Lebrun of New Hampton School posed for a photo on a set of steps they built to assist the Pemi-Valley Habitat for Humanity with their latest home build project in Plymouth last Wednesday

Ford, who is a also a junior, said it was his first time taking part in the Day of Caring through NHS and was having a great time.

“I would definitely do this again,” he said.

Classmate Lucas also said it was an interesting day, some-

thing he, too, had never done before. Having lived previously in England and Canada, he found himself this year at school in New Hampshire where he was impressed to meet some real war heroes.

“These guys are a lot more active than

I ever thought they would be,” he said before returning to the lively competition.

New Hampton School didn’t stop there though. Another crew of 18-year-old students were selected to work on a Pemi-Valley Habitat for Humanity build that is ongoing in Plymouth. Charlie, Louis, Cory, and Makato spent their morning building steps and adding floor supports to a new home being built for a single mom and her two children.

“These guys are hitting home runs here

up to work on multiple projects. Among them were the mounting of directional signs and trail numbers, sanding and painting projects, the removal of some invasive plant species along the trails, and adding dockware to replace rotting posts.

Overall, representatives from Granite State United Way were thrilled with the outpouring of support they received for 2019.

“Day of Caring is one of our favorite days of the year! We are on track to break records with Day of Caring volunteer numbers this year- a tribute to the giving spirit of individuals across the Central Region,” stated Patrick Tufts, President and CEO of GUW. “We are proud to partner with corporate supporters, connecting them with nonprofits across the region who can benefit from this incredible day of service.”

Eaton also noted that it was the first time GUW has had three central N.H. schools join the many adult volunteers and businesses who came out to show their support for local nonprofit organizations.

NOTEBOOK

(Continued from Page A7)

ten when stories break, and as a result are loaded with errors. If you’re a glutton for this kind of punishment, look for the likes of they’re and their, where and wear, your and you’re, it’s and its, great and grate, and wait and weight (wait—who would be using “grate”?).

– I have Netflix and Amazon Prime, but even with those it’s hard to find movies I might like or haven’t seen a zillion times. Having grown up on directors and producers who paid close attention to movie sets, period history, and travel by stage and train, I have scant patience with the comparative sloppiness and cheapness of so many newer movies.

If, for instance, white or off-white smoke is coming out of a train locomotive’s stack, we should see firewood

piled in the tender. If the smoke’s black, it’s burning coal. And those endless campfire scenes should have smoke and embers issuing up into the night sky. No? They’re gas.

+++++

Because of where I am, I can use “alternative methods” (meaning rabbit ears) to receive Canadian television stations. But then too, try to use your cell phone in some places and you’re soon joined by an operator speaking French.

Sometimes, when I’m trying to explain where I live to someone who’s totally unfamiliar with a map, I say “It’s where Vermont and Maine pinch northern New Hampshire into an oblong,” but only those who also learned “rect-

angle” seem to get it.

(Please address mail, including phone numbers, to campguyhooligan@gmail.com or 386 South Hill Road, Colebrook, NH 03576.)

RETREAT

(Continued from Page A6)



Lakes Region Community Services recently hosted their 2019 Direct Support Professional (DSP) Staff Retreat at the Barn on the Pemi.

disabilities and acquired brain disorders by providing encouragement, creating meaningful relationships, assisting with

life skills, and helping those they serve integrate into the community. The retreat offered DSPs an opportunity to learn new

skills, while celebrating their impact and daily contributions. “Attending this retreat made me feel respected and valued in my role,”

said DSP Olyvia Phillips. “I was able to talk with my colleagues and get new ideas on how to improve my individual work performance.”

“We want our employees to know they are vital to the success of our Agency,” said President and CEO Rebecca Bryant. “Thanks to the Lakes Region Community Services Foundation, we were able to provide this educational retreat which allowed our staff to refresh their batteries, relax, and gain knowledge to enhance the quality of support they offer to the individuals and families served by LRCS.”

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**Edward Jones: Financial Focus**  
How Can You Make Your Money Last During Retirement?  
It's a fairly predictable pattern: When the stock market rises, more people invest, but after a large-scale drop, many of these same people head for the exits. But by staying out of the financial markets, and only putting their money in "safe" vehicles that offer few or no growth prospects, are they really helping themselves? Here's the bottom line: If you're going to make progress toward your long-term goals, you have to become a long-term investor. But how?  
To begin with, you need to understand that long-term investing involves accepting inevitable short-term price swings. You may not like seeing those sharp price drops, but it will help your outlook greatly if you can keep them in perspective. Studies have shown that the longer you hold your investments, the less impact market volatility can have on them.  
So, to reach that point where the market's ups and downs have less of a cumulative impact on your holdings, consider the following actions:  
• Only invest money you won't need for a long time. If you can tell yourself that the money you are investing today is money you won't really need for 20 or 30 years, you'll be better prepared, psychologically, to get through the down periods of the financial markets. And as long as you aren't overextending yourself financially in other parts of your life, you really shouldn't need those investment dollars for a very long time. They should be earmarked for goals you hope to achieve far into the future, such as a comfortable retirement.  
• Keep your focus on what is most important to you. If you can visualize your long-term goals, you'll find it easier to keep working toward them. For example, if you are hoping to travel extensively when you retire, keep thinking about what that might look like. You might even research the countries you plan to visit, even if these trips are far in the future. Ultimately, if you know where you're going and you're determined to get there, you'll get past the bumps in the road.  
• Don't spend excessive time reviewing your investment statements. A bad month or two can cause some noticeably negative numbers on your investment statements. But if you can discipline yourself to avoid spending too much time dwelling on these figures, you may feel less stress about investing – and you may even be less tempted to make short-term moves that could have unfortunate long-term results. However, if you do want to study your investment statements, don't just stop at the most recent results. Instead, look for trends that might tell a different story. Has the number of shares you own in various investments increased significantly over time? And over the past five or 10 years, has your portfolio's overall performance been positive? By digging a little deeper into your statements, you might gain more confidence in the course you're following.  
Short-term price drops are not pleasant to experience. However, you can help yourself become a better long-term investor by following the above suggestions, so put them to work soon – and stick with them.

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# New Hampshire FAIR DAYS

## Lancaster Fair

August 29 to September 2, 2019

Location: 516 Main Street, Lancaster  
 Tickets: \$15 (including rides) on Thursday, Friday and Monday; \$17 on Saturday and Sunday; seniors are free on Thursday and Monday and \$10 on Friday-Sunday; children under 36" are free with paying adult  
 Online: [www.lancasterfair.com](http://www.lancasterfair.com)

## Hopkinton State Fair

August 30 to September 2, 2019

Location: State Fairgrounds, Contoocook  
 Tickets: \$12 for ages 13-59, \$10 for seniors 60+, \$8 for youth ages 5-12, children 35 months and under free.  
 Four day passes are also available.  
 Online: [www.hsfair.org](http://www.hsfair.org)

## Rochester Fair

September 12 to 22, 2019

72 Lafayette St., Rochester, NH 03867  
 Tickets: \$9 general admin., children under 8 are free  
 Online: [www.rochesterfair.com](http://www.rochesterfair.com)

## Hillsborough County Agricultural Fair

September 6 to 8, 2019

Location: 15 Hill Dale Lane, New Boston  
 Tickets: \$10 for adults, children 6-12 and seniors are \$5, children under 6 are free  
 Online: [www.hcafair.com](http://www.hcafair.com)

## Deerfield Fair

September 26 to 29, 2019

Deerfield Fairgrounds  
 Route 43, Deerfield  
 Tickets: \$10 for ages 13+; ages 12 and younger are free  
 Online: [www.deerfieldfair.com](http://www.deerfieldfair.com)

## Sandwich Fair

October 12 to 14, 2019

Sandwich Fairgrounds  
 Route 109 North, Center Sandwich  
 Tickets: \$12 for adults, Under 12 are free  
 Online: [www.thesandwichfair.com](http://www.thesandwichfair.com)

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Think Pink

Join these local businesses in supporting breast cancer awareness this October!

Breast cancer signs and symptoms

Breast cancer is a formidable foe. According to the World Health Organization, an estimated 627,000 women lost their lives to breast cancer in 2018. But women are not helpless in the

Educating young women about breast cancer

At the age of 12 to 15, many young women are experiencing the body and life changes that accompany adolescence. It can be difficult to imagine that breasts that are just beginning to develop may contain cancer. But such is the reality for some girls. The majority of women who receive a breast cancer diagnosis are over the age of 40. Experts at Monroe Carell Jr. Hospital at Vanderbilt University note that only 5 percent of breast cancer cases are found in women under the age of 40. However, the hospital recently treated a 14-year-old girl who found a lump and learned she had a rare form of breast cancer called a phyllodes tumor. In 2009, a 13-year-old from Little Rock, Ark. found a quarter-sized lump in her right breast, while a 19-year-old student at the College of New Jersey was diagnosed with cancerous cells and underwent a bilateral mastectomy. Though such cases are rare, it behooves teenage and adolescent girls to familiarize themselves with the disease and be mindful of their breast health. Some organizations have increased breast cancer messages for young girls, and it is not uncommon to find young women participating in runs and fundraisers for breast cancer research. Some organizations even conduct breast cancer workshops to educate young women about breast health. Dorothy Paterson of Texas, a former Girl Scout leader who was diagnosed with breast cancer herself, began conducting workshops for Girl Scouts in 2007. The idea isn't to scare girls into believing they have the disease, but rather to increase their awareness of changes in their bodies that may or may not be normal. Some parents worry that educating children about breast cancer may cause them to worry unnecessarily, especially considering a young girl's risk of developing breast cancer is so minimal. Just as with older women, adolescents and teens should realize that eating healthy foods, exercising, avoiding alcohol and tobacco, and maintaining annual physical exams with a doctor are key ways to reduce the risk for cancer.



fight against breast cancer, as the WHO notes early detection is critical and could potentially save thousands of lives each year. A proactive approach is a key component of protecting oneself against breast cancer. While the

National Breast Cancer Foundation, Inc.® notes that many breast cancer symptoms are invisible and not noticeable without a professional cancer screening, women can keep an eye out for certain signs of breast cancer they might be able to detect on their own. Monthly self-exams can help women more easily identify changes in their breasts. During such self-exams, women can look for the following signs and symptoms and are advised to report any abnormalities they discover to their physicians immediately.

- Changes in how the breast or nipple feels: The NBCF says nipple tenderness or a lump in the breast or underarm could indicate the pres-

ence of breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances, skin texture has been described as being similar to the texture of an orange peel. Lumps in the breast also may indicate breast cancer, though not all lumps are cancerous.

- Change in appearance of the breast or nipple: Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast, particularly when the shrinking or swelling is exclusive to one side only; and a nipple that is turned slightly inward or inverted are some signs and symptoms of breast

cancer that can affect the appearance of the breast or nipple. It is common for women's breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.

- Discharge from the nipple: The NBCF notes that any discharge from the nipple, but particularly a clear or bloody discharge, could be a sign of breast cancer. The NBCF also advises women that a milky discharge when they are not breastfeeding is not linked to breast cancer but should be discussed with a physician. Learning to recognize the signs and symptoms of breast cancer can increase the likelihood of early diagnosis, which greatly improves women's chances of surviving this disease.

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# Think Pink

Join these local businesses in supporting breast cancer awareness this October!

## Debunking common myths associated with breast cancer

Cancer claims the lives of millions of people across the globe every year. But the fight against cancer is anything but hopeless, as the World Health Organization notes that between 30 and 50 percent of all cancer cases are preventable.

Learning about cancer is one of the best ways for people to protect themselves from this deadly disease. Researchers continue to learn more about cancer everyday and routinely discover that information once thought to be accurate was actually off-base.

Despite researchers' best efforts, some myths about cancer still prevail. Some of these myths are about cancer in general, while others refer to specific cancers, including breast cancer. Myths about breast cancer can be as harmful as accurate information is helpful, so learning the truth and debunking those myths can be an important part of women's preventive approach to breast cancer.

- Myth: Drinking milk increases your risk for breast cancer. The American Cancer Society notes that early studies raised concerns that drinking milk from cows treated with hormones could increase a person's risk for breast cancer. However, ensuing research failed to find a clear link between the two. In fact, a 2002 study published in the International Journal of Epidemiology found no significant association between dairy fluid intake and breast cancer risk.

- Myth: Lumps indicate breast cancer. The National Breast Cancer Foundation, Inc.® says that only a small percentage of breast lumps turn out to be cancer. However, abnormalities or changes in breast tissue should always be brought to the attention

of a physician.

- Myth: Mammograms cause breast cancer to spread. This myth is rooted in the incorrect notion that breast compression while getting a mammogram causes the cancer to spread. However, the NBCF insists that cannot happen. In fact, the National Cancer Institute touts the benefits of mammograms while the ACS recommends women between the ages of 45 and 54 get mammograms every year. For additional breast cancer screening guidelines, visit the ACS at [www.cancer.org](http://www.cancer.org).

- Myth: Women with a family history of breast cancer are likely to develop breast cancer, too. This myth is dangerous because, if taken at face value, it can give women with no family history of breast

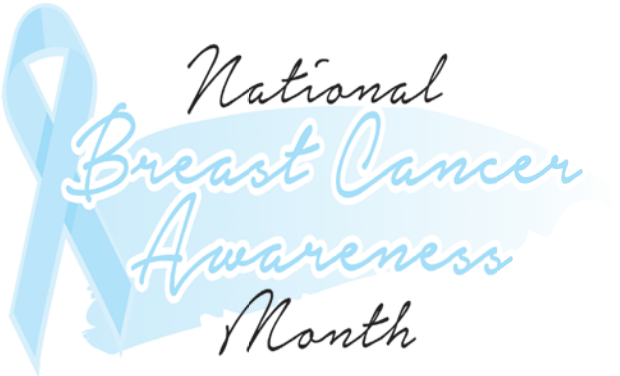
cancer a false sense of security. However, the NBCF notes that only about 10 percent of individuals diagnosed with breast cancer have a family history of the disease. The

Centers for Disease Control and Prevention note that a woman's risk for breast cancer is higher if she has a first-degree relative, including a mother, sister, daughter, or

even a male family member, who have had the disease. But breast cancer can affect anyone, regardless of their family history.

Information is a valuable as-


set in the fight against breast cancer. Learning to decipher between accurate and false information can be especially valuable.



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## SPORTS

## Rogacki gets 100th win for Gilford



BOB MARTIN

Coach Dave Rogacki won his 100th game with Gilford High School, which was his 409th win of his high school coaching career.

BY BOB MARTIN  
Bob@Salmonpress.news

GILFORD – The Gilford High School field hockey team may be young but the Golden Eagles are among the top teams in Division 3. Most recently the Golden Eagles had a perfect 3-0 week, which included coach Dave Rogacki's 100th win with Gilford in a shutout win over Winnisquam.

Rogacki said the team had a "good growth week" and he praised Randi Byars and goalie Jenna Delucca for their strong play that resulted

in three straight shutout wins.

On Sept. 23, the Golden Eagles won in blow-out fashion with an 8-0 victory over Franklin. Shea Brown led the scoring charge for Gilford with three goals. Lexi Shute and Laurel Gingrich each had two goals apiece, and Aly Pichette had a goal to round out the scoring.

Rogacki was feeling good after the win and next up was the toughest test of the season for Gilford. Gilford rose to the occasion and beat the Hopkinton Hawks 2-0



BOB MARTIN

Jenna Delucca makes a save for Gilford. She had three shutout wins last week.

on Sept. 25. Midfielders Syd Lehr, Emily O'Connor and Taryn Fountain were difference makers in the game and Gingrich provided all the scoring with a pair of goals.

"The passing and transition game was evident and carried over to midweek when undefeated Hopkinton visited Gilford," said Rogacki.

The Golden Eagles finished off the week

with an away game against the Winnisquam on Sept. 27 and came away with a 3-0 victory over the Bears, which was the milestone 100th victory for Rogacki. Gingrich and Shute contin-

ued their strong scoring weeks with a goal each. Allyson Carr also had a goal in the win.

With those three wins, the Golden Eagles SEE FIELD HOCKEY PAGE B3

## Aguiar's tally puts Gilford boys past Belmont

BY BOB MARTIN  
Bob@Salmonpress.news

BELMONT – It is always a wild matchup when it comes to Gilford and Belmont boys' soccer, and it was no different last weekend when the Golden Eagles were able to squeak by with a 1-0 win in what was a gutsy victory with two of the best teams in Division 3.

At the 21-minute mark, Anthony Aguiar scored on a slow shot toward the goal with an assist by Sam Sawyer. This would be the only scoring in the game, which

was mostly comprised of back and forth action and superior defense from both teams.

Coach Dave Pinkham knows that Belmont is always a good team that is coached well by Mike Foley, who was last year's coach of the year. He said with the team being fairly young, and Belmont always putting up a big fight, it was nice to get a big win on the road against the Lakes Region rival.

"It was a good, hard fought tournament atmosphere game, and that is what we need



BOB MARTIN

Sam Sawyer dribbles the ball up the field for Gilford against Belmont last weekend.



BOB MARTIN

Chance Bolduc battles for a ball against Belmont last week. In the previous game against Newfound the freshman scored his first two goals.

at this point," said Pinkham. "We are more than halfway done with the season and we are 9-0. We have giveA up only two goals all year so defensively we are playing well."

Gilford faced Newfound on Sept. 24 and came away with a 7-0 victory. Sawyer scored first 4:30 into the first half, with an assist by Alex

Burnham. The second goal came a minute later from Aguiar. Freshman Chance Bolduc got his first goal of the year at the 13-minute mark with an assist by Daegan Boucher. Ben Gardiner scored at the 28-minute mark with an assist by Boucher. Sawyer completed the hat trick four minutes later with an assist credited to Connor

Guest.

In the second half, Bolduc scored his second goal with an assist by Boucher, at the 47-minute mark. At the 66-minute mark, Colton Workman scored with an assist by Burnham.

Thomas Donnelly had one save in the shutout

SEE SOCCER PAGE B3

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# Volleyball Golden Eagles remain undefeated

BY BOB MARTIN  
Bob@Salmonpress.news

LACONIA – The Gilford High School volleyball team remained unbeaten with two key wins last week against previously undefeated Oyster River and local rival Laconia.

On Sept. 24, the Golden Eagles won in three-straight sets to take the win over Oyster River by scores of 25-21, 25-19 and 25-21. Senior libero Samantha Holland was huge for Gilford, piling up 18 digs to lead the defense. She was also a force from the serving line with 12 straight serves in the second set. Abby Warren and Lindsey Sanderson had eight spike kills and Riley McDonough had five kills on the night.

“It was action packed with lots of long rallies and hard hitting,” said



BOB MARTIN

Serena Pugh goes up for a kill against Laconia last week.

coach Amy Tripp.

Gilford then played the Sachems of Laconia

and took a sweep win on the road by scores of 25-11, 25-11 and 25-14. The

Golden Eagles showed consistency with only two missed serves all

match. Sophomore middle blocker Kate Sullivan was outstanding



BOB MARTIN

Kate Sullivan sends a shot back to Laconia last week for Gilford High School.



BOB MARTIN

Lindsey Sanderson had a strong game for Gilford in a sweep win over Laconia.

## Undefeated Falcons too much for Gilford-Belmont

BY BOB MARTIN  
Bob@Salmonpress.news

BOW – The Golden Eagles traveled to Bow on last Friday and had a tough time with the undefeated Falcons and lost 33-6.

Bow went up 26-0 at halftime and then in the second half Bow blocked a punt and scored to make it 33-0. Gilford/Belmont scored its lone touchdown in the third quarter on a 35-yard touchdown pass from Alex Cheek to Curtis Nelson.

Nelson had his usual outstanding day catching the football with six catches for 113 yards and a touchdown.

Cheek threw for 157 yards and completed 55 percent of his passes, while throwing a touchdown and three interceptions. Leading the running game was Jack McLean, who had 55 yards on the ground on 16 carries.

John Mitchell was the leader on defense with 13 tackles. Coach Josh Marzahl said, per usual, he was a leader on defense

that was able to handle the bruising running backs of Bow. He said the running backs were hard to stop, and most of the times they were taken down with multiple tacklers.

“We had a lot of assisted tackles,” said Marzahl. “A lot of our tackles were two or three people going to the ball.”

The Gilford/Belmont football have lost three straight games after winning the opening game, and while the clock is ticking as the Golden Eagles cross into

the second half of the season, coach Marzahl feels the team can turn things around and be a force come playoff time.

“We are focusing what we have each week and executing what we need to do,” said Marzahl. “We are actually still doing a lot of things well- that was the first offensive touchdown Bow had given up all year. Once things all come together we could be a dangerous team.”

Gilford/Belmont plays a 7 p.m. on Saturday against Kingswood.

## Gilford golf second in home match

BY BOB MARTIN  
Bob@Salmonpress.news

GILFORD – The Gilford High School golf team hosted a three-team match on Sept. 23 and came in second with 58 points.

Bow was the leader with 83 points, while Prospect Mountain had 53 points and ConVal had 28 points. Connor Sullivan had 18 points to lead the way for Gilford. Hunter Wilson had 15 points, Cody Boucher had 11 points, Austin Milligan had 14 points and Rory Doris had one point.

Gilford then traveled to Hidden Creek Golf Club on Sept. 25 and came in second with 70 points, just four less points than Somersworth, who took the win. Fall Mountain had 63 points and Campbell had 59 points.

Sullivan was the point leader with a score of 20 on the day. Wilson had 13 points, Boucher had 16 points, Brady Reynolds had 17 points, Milligan had 15 points, Anthony Flanders had 17 points and Joey Blake had 16 points.

Gilford is now 15-9 and sitting at seventh place in Division 3.

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### FIELD HOCKEY (Continued from Page B1)

improved to 6-2. Gilford played undefeated Newfound after deadline on Oct. 1 and results will be in the next edition. Next up is Berlin on Oct. 5 at 4 p.m.



BOB MARTIN

Randi Byars played strong defense all week for the Golden Eagles.



# Belmont girls edge Golden Eagles



Jaylin Tully scoops up a save against Belmont last week.

BOB MARTIN

BY BOB MARTIN  
[Bob@Salmonpress.news](mailto:Bob@Salmonpress.news)

GILFORD – It was a mixed week for the Gilford girls’ soccer team, with Gilford taking a win over Prospect Mountain but lost to rival Belmont at the Red Raider homecoming.

On Sept. 25, the Golden Eagles beat Prospect Mountain 4-1. Coach

Rob Meyers felt that it was a well played game by both teams and was happy that Gilford went up early. Gilford scored first but Prospect Mountain tied up the game at 1-1 before Gilford held a 2-1 lead at halftime. Gilford then came out firing in the second half with two goals to put the

game away.

Gilford outshot Prospect Mountain 19-13, with nine of the shots on goal. Maddi Rector led the way with two goals, while Callie Carpenter has a goal and an assist. Reece Sadler had one goal. Shelby Cole and Ashley Kulcsar had an assist each. Goalie Jay-

lin Tully had nine touches and four saves in the win.

“This was a solid win for our team,” said Meyers. “We played well at the front and on the back line. The midfield was a little loose and we allowed Prospect too much time on the ball. We had some great transitional

play. Prospect did a great job of keeping a high line which resulted in a number of offsides for our forwards. We will have to work on this before we play them again in a couple of weeks.”

Meyers said Rector played a great game scoring two goals and really causing problems for the Prospect Mountain defense all game. Sophomore Jaiden McKenna and Kulcsar were praised by Meyers for their work on defense.

On Sept. 28, the Golden Eagles traveled to Belmont and lost 3-0. Gilford had nine shots while Belmont had 13 shots in the game. Tully had three saves and 13 touches in net.

It was a well played game by both teams and very close until the second half when Gilford had several defensive lapses that led to breakaway goals for the Red Raiders. Meyers admitted that it wasn’t the game they wanted to play, but noted the team was competitive in the first half with a solid counter attack and several scoring opportunities.

However, there were areas of concern for Meyers.

“Our passing was not crisp and we were beat to balls in the air in the midfield,” said Meyers. “After the goal early in the second half, we stayed with Belmont and created some chances. When they scored the second goal, it really slowed us down and allowed a quick third goal, which ended the game. We need to work hard in practice and get consistent positive results. We have three games this week and have to make sure we play consistently and strong in the midfield so we can stay in games. Frustrating to see how we played against Raymond last week compared to the effort we put in today.”

Gilford has a record of 4-3 and next up is Hillsboro-Deering at home at 4 p.m. on Oct. 3. Gilford hosts Belmont for Homecoming on Oct. 5 at 12:30 p.m.



Senior midfielder Shelby Cole sends a shot toward the goal for Gilford.

BOB MARTIN



Vanessa Flanders fights for the ball against Belmont’s Sana Syed on Saturday.

BOB MARTIN

## Gilford runners compete in Moultonborough

BY BOB MARTIN  
[Bob@Salmonpress.news](mailto:Bob@Salmonpress.news)

MOULTONBOROUGH – Patrick Gandini of the Gilford High School cross country team has dominated the competition this season, and last week he won the the Moultonborough Invitational by more nearly a minute-and-a-half.

Gandini had a time of 17:12, which was far ahead of second place Eben Misavage of Inter-Lakes, who clocked in at 18:37.

Mitchell Townsend was 16th with a time of 20:25; Ryan Hamel was 32nd with a time of 22:00; Landon Lewis was 47th with a time of 23:52; Jordan Witham was 52nd with a time of 25:09 and Dane DeHart was 55th with a time of 25:33. Gilford was sixth overall in the nine-team meet.

The girls’ team was led by Vanessa Genakos who was second place with a time of 22:18. Tessa Tanner was seventh with a time of 24:15; Bethany Tanner was eighth with a time of 24:24; Catherine Stow was ninth with a time of 24:55; Alaina Osborne was 26th with a time of 28:51. Gilford was second overall.



Vanessa Genakos was second in the Moultonborough Invitational last week.

BOB MARTIN



Patrick Gandini won the Moultonborough Invitational last week.

BOB MARTIN



Gilford runners fought through the rainy weather in the Moultonborough Invitational last week.

BOB MARTIN

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Education Word Find

Find the hidden words in the puzzle.

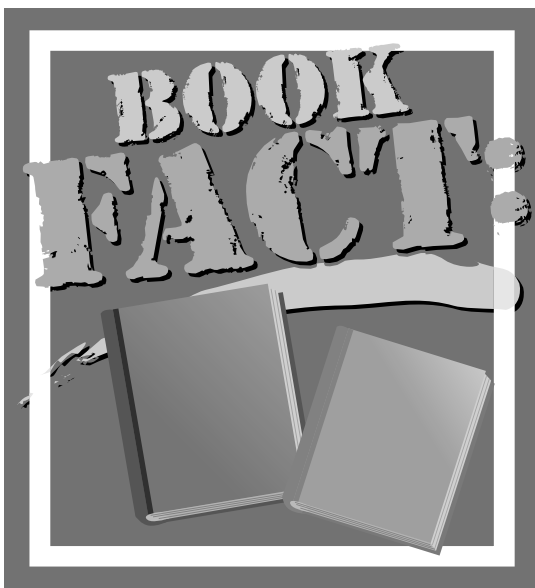
ABILITY	BOOKS	CLASSROOM	DESK	GRADES	HELP	LEARNING	MATH	READING	SCHOOL	STUDENTS	TEACHER
S	G	F	D	P	V	Q	M	G	H	U	T
T	E	N	Z	P	A	U	N	I	J	S	W
N	A	Z	I	A	B	I	L	I	T	Y	F
E	U	C	K	N	D	F	S	D	K	E	U
D	E	B	G	A	R	C	K	S	E	X	T
U	K	Y	E	V	H	A	E	J	B	E	E
T	Q	R	L	O	J	D	E	U	N	H	A
S	M	O	O	R	S	S	A	L	C	T	C
D	K	L	S	E	D	A	R	G	V	A	H
I	L	O	X	H	E	L	P	D	S	M	E
O	W	K	O	R	N	U	O	R	T	T	R
U	V	O	P	B	U	N	V	C	O	R	M

THIS DAY IN...



HISTORY

- **1863:** PRESIDENT LINCOLN DECLARES THE LAST THURSDAY IN NOVEMBER AS THANKSGIVING DAY.
- **1932:** IRAQ GAINS ITS INDEPENDENCE FROM THE UNITED KINGDOM.
- **1990:** EAST GERMANY AND WEST GERMANY UNITE AFTER 45 YEARS.



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HAVE THIS CONDITION.

ANSWER: DYSLLEXIA

Get Scrambled

Unscramble the words to  
determine the phrase.

ARDGENI GLO

ANSWER: Reading log



LESSON

amount of  
teaching given  
at one time



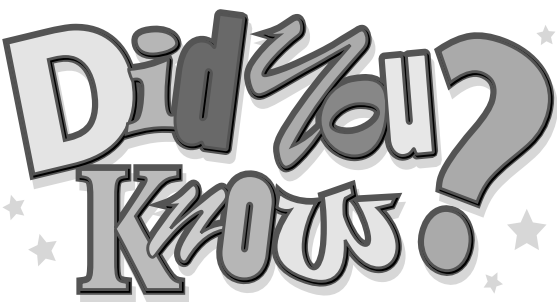
**ENGLISH:** Word

**SPANISH:** Palabra

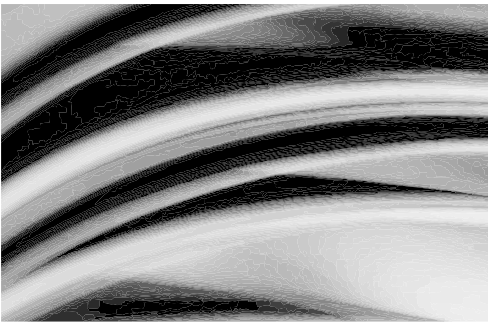
**ITALIAN:** Parola

**FRENCH:** Mot

**GERMAN:** Wort



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VOCABULARY.



Can you guess what  
the bigger picture is?

ANSWER: BOOK PAGES

⊙ \* ✎ ☺ ~ ⦿ ☞ ✧ ✨ ✖ ✙ ✚ ✛ ✜ ✝ ✞ ✟ ✠ ✡ ☾ ✧ ✨ ✙ ✚ ✛ ✜ ✝ ✞ ✟ ✠ ✡

CRYPTO FUN

☞ ☾ ☿ ✨ ✧ ✛ ✚ ✙ ✚ ✙  
Determine the code to reveal the answer!

Solve the code to discover words related to adventure.  
Each number corresponds to a letter.  
(Hint: 20 = e)

A. 20 15 13 18 4 20 14

Clue: Very enthusiastic

B. 9 5 20 11 4

Clue: Long search

C. 4 6 8 22 20 21

Clue: Make a journey

D. 23 5 4 14 23 23 6 11

Clue: In the wilderness

Answers: A. excited B. quest C. travel D. outdoors

SUDOKU

		3	5					
1					9		6	
	4	9		8	3			5
				2		4	3	6
6				5				2
8							5	
		2		4	8			7
				3		9		

Level: Intermediate

Here’s How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

8	2	9	5	3	1	6	7	4
9	1	7	6	8	4	3	2	5
4	5	3	7	6	2	1	8	9
2	6	7	4	5	8	3	1	9
6	3	4	1	2	8	7	5	9
1	8	5	6	9	7	4	2	3
5	7	1	3	8	6	9	4	2
3	6	2	9	4	7	5	1	8
4	9	8	2	5	1	3	6	7

ANSWER:



SOCCER

(Continued from Page B1)

win.  
“It was nice to be able to play all our ninth graders,” said Pinkham. “I split the time between 22 kids and it is always nice to be able to get the young kids playing time at the varsity level.”  
Gilford had a big test against undefeated Campbell on Oct. 1 on the road, with the game coming after deadline. Next up for Gilford is Belmont at 11 a.m. on Saturday for Homecoming.



Andrew Flanders helped Gilford beat Belmont 1-0 to stay undefeated.

BOB MARTIN



JOSHUA SPAULDING

Golden Eagle fishermen

Alex Landry and Timothy Gentile hold their catches in the bass fishing tournament at the Center Harbor town dock on the shore of Lake Winnepesaukee. Gilford placed 17<sup>th</sup> out of 34 teams. The total weight of the fish was 5.57 pounds.

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